

Informed Consent for In Person Therapy During COVID-19 Public Health Crisis

This document contains important information about our decision (yours and mine) to resume in-person services in light of the COVID-19 public health crisis. Please read this carefully and let me know if you have any questions. **When you sign this document, it will be an official agreement between us.**

Decision to Meet Face-to-Face

We have agreed to meet in person for some or all future sessions. If there is a resurgence of the pandemic or if other health concerns arise, however, I may require that we meet via telehealth for everyone's well-being.

If you decide at any time that you would feel safer staying with, or returning to, telehealth services, I will respect that decision, as long as it is feasible and clinically appropriate. Reimbursement for telehealth services, however, is determined by the insurance companies and applicable law and it is your responsibility to ensure that your insurance company covers telehealth services.

Risks of Opting for In-Person Services

You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus (or other public health risk). This risk may increase if you travel by public transportation or ridesharing service.

Your Responsibility to Minimize Your Exposure

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, me, our families, and other clients) safer from exposure, sickness and possible death. If you do not adhere to these safeguards, it may result in our starting / returning to a telehealth arrangement. Your signature below indicates that you understand and agree to all of these actions:

- You will only keep your in-person appointment if you are symptom free.
- Your temperature will be taken (non-touch thermometer) by me before each appointment. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of the coronavirus, you will be asked to leave the office and proceed using telehealth. If this occurs, you will not be charged a cancellation fee.
- You will wait in your car or outside until no earlier than 5 minutes before our appointment time. I will text you when you may enter the building.
- You will wash your hands or use alcohol-based hand sanitizer when you enter my office.
- You will adhere to the safe distancing precautions we have set up in the waiting room and therapy room. For example, you won't move chairs or sit where we have signs asking you not to sit.
- You will wear a mask in all areas of the office (I will also wear a mask).
- You will keep a distance of 6 feet and there will be no physical contact (e.g. no shaking hands) with me.
- You will try not to touch your face or eyes with your hands. If you do, you will immediately wash or sanitize your hands.
- If you are bringing your child, you will make sure that your child follows all of these sanitation and distancing protocols.
- You will take steps between appointments to minimize your exposure to COVID.
- If you have a job that exposes you to other people who are infected, you will immediately let me know.

- If your commute or other responsibilities or activities put you in close contact with others (beyond your family), you will let me know.
- If a resident of your home tests positive for the infection, you will immediately let me know and we will then resume treatment via telehealth.
- You are aware that your therapist, Mary Jean Padalino, is also employed as a classroom teacher in a high school from September through June and therefore is in close proximity to teenagers and school personnel, and she will be following all safety procedures and protocols at the school setting.

I may change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, we will discuss any necessary changes.

My Commitment to Minimize Exposure

My practice has taken steps to reduce the risk of spreading the coronavirus within the office. Please let me know if you have questions about these efforts.

If You or I Are Sick

You understand that I am committed to keeping you, me, and our families safe from the spread of this virus. If you show up for an appointment and it is evident that you have a fever or other symptoms, or believe you have been exposed, I will have to require you to leave the office immediately. We can follow up with services via telehealth as appropriate.

If I test positive for the coronavirus, I will notify you so that you can take appropriate precautions.

Your Confidentiality in the Case of Infection

If you have tested positive for the coronavirus, I may be required to notify local health authorities that you have been in the office. If I have to report this, I will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for our visits. By signing this form, you are agreeing that I may do so without an additional signed release.

Informed Consent

This agreement supplements the general informed consent/business agreement that we agreed to at the start of our work together. **Your signature below signifies that you agree to these terms and conditions.**

Signature of client/parent/legal guardian

Date

Signature of therapist: Mary Jean Padalino, LCSW, MS, CNS

Date

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